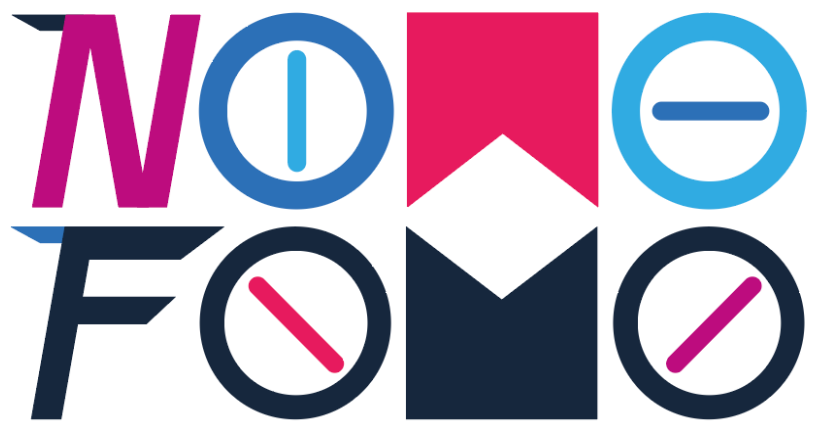





The Fear of Missed
Experiences
CALL TO ACTION



Positive mental health for GEN Z
NO MOre Fear Of Missing Out



Interactive Infographic Theme	The Fear of Missed Experiences
Activity Title	The life that we want to build
Type of resource	Call to Action Activity
Photo	



Duration of Activity (in minutes)	<p style="text-align: center;">60 min</p>	Learning Outcome	<ul style="list-style-type: none"> ·To know more about the FOMO experience ·To be able of detecting this phenomenon in our daily life ·To analyse the things that we see on social networks ·To reflect on the things that we really care in our life
Aim of activity	<p>In this activity the participants will be able of analyse the content that we usually see online (probably much more similar than we think), and how this could affect us as a users. Also, they will talk about their own values and important things in life, and how we can enjoy them more, without the “social network” factor.</p>		
Materials Required for Activity	<ul style="list-style-type: none"> ·Paper ·Markers ·Post-its ·Tape ·Icecream sticks ·Clay ·Internet connection 		
Step-by-step instructions	<p>The activity has two different parts, each one of 30 mins.</p> <p>PART 1 (30 MINS)</p> <ol style="list-style-type: none"> 1. The group should be divided into 3-4 little groups, each one of 3-4 people 2. Each little group should reflect on the content of publications that normally see in social networks as Instagram, Facebook or Twitter 3. Once they have these “common topic’s publications”, they should write down the name in a post-it. Each topic in a post-it. 4. After that, all the groups tell the other what they have write and why (in a nig group) 5. Before continue to the second part, the trainer promote the discussion on the following topics: <ul style="list-style-type: none"> -Have the groups agreed on some topics? Why? -Are there some “forbidden” topics in social networks? Why? - People normally filter what they upload to their social networks? For what purpose? -The topics that the groups have found, are they more positive or negative? <p>PART 2 (30 MINS)</p> <ol style="list-style-type: none"> 1. Each little group has to “build a life”. For this purpose they’re going to have icecream sticks and clay, to build a construction that represents the important things in a person's life, both negative and positive. The things that make a person become what they are. 2. They should write down each thing in an icecream stick and use the clay to put together their construction using the sticks. 		



	<ol style="list-style-type: none">3. Once they have done it, they will use the post-its of the first part in order to select which one of them could be an important part of a person's life. They should stick the important post-its in their construction4. At the end each group will present their construction and explain it. Also a discussion will be fomented about which post-its they have pasted as an "important" thing, to realise that things that we see online normally aren't so important as sometimes we believe.
Template	-

NO MORE FOMO

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